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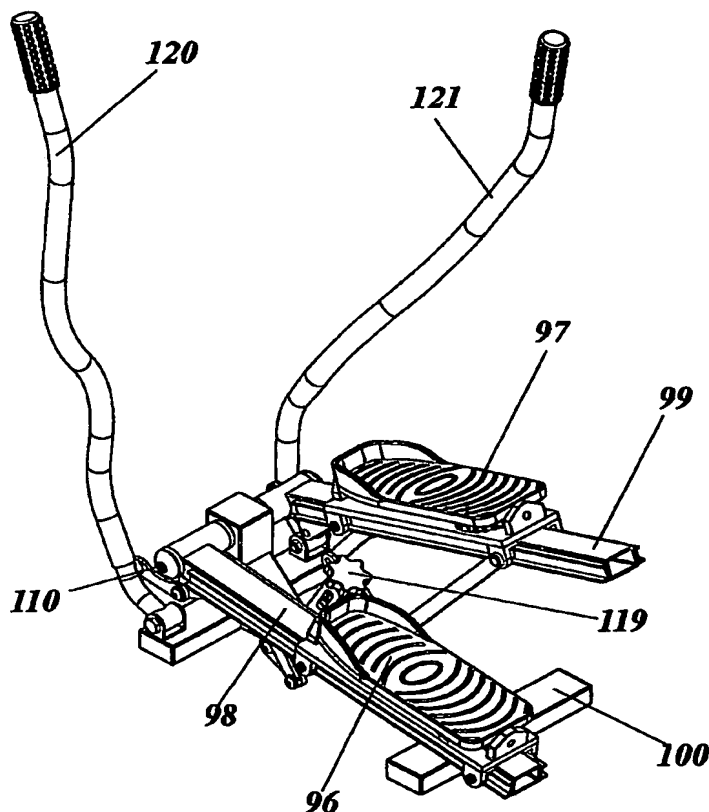
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(54) Title: **PHYSICAL EXERCISE APPARATUS AND FOOTREST PLATFORM FOR USE WITH THE APPARATUS**



(57) Abstract: A physical exercise apparatus equipped with upwardly and downwardly movable bars on which footrest platforms are mounted, and having grip poles that are fixed or movable as part of an exercise, wherein the platforms are tiltable to both sides transverse to an axis that extends along the length of the bars. The platforms each have a tilting mechanism that is steplessly or stepwise adjustable from a locked position to a tilting function state, and the platforms have a means for engagement with a guide track and/or articulated arms that are fastened to the fitness apparatus frame, whereby the platform is caused to be slidably guidable along the bars, and that the movement is a function of the vertical movement of the bars.



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